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# Weaving Well-Being Positive Emotions Programme Samples

## Pupil Book

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### Lesson 7

Activity 1

Activity 2

Homework





## Rainbow Moments



Our next Positive Emotion Potion ingredient is:

### Rainbow Moments!

Rainbow moments are all of those little moments in the day when good things happen. Let's train our minds to notice them.



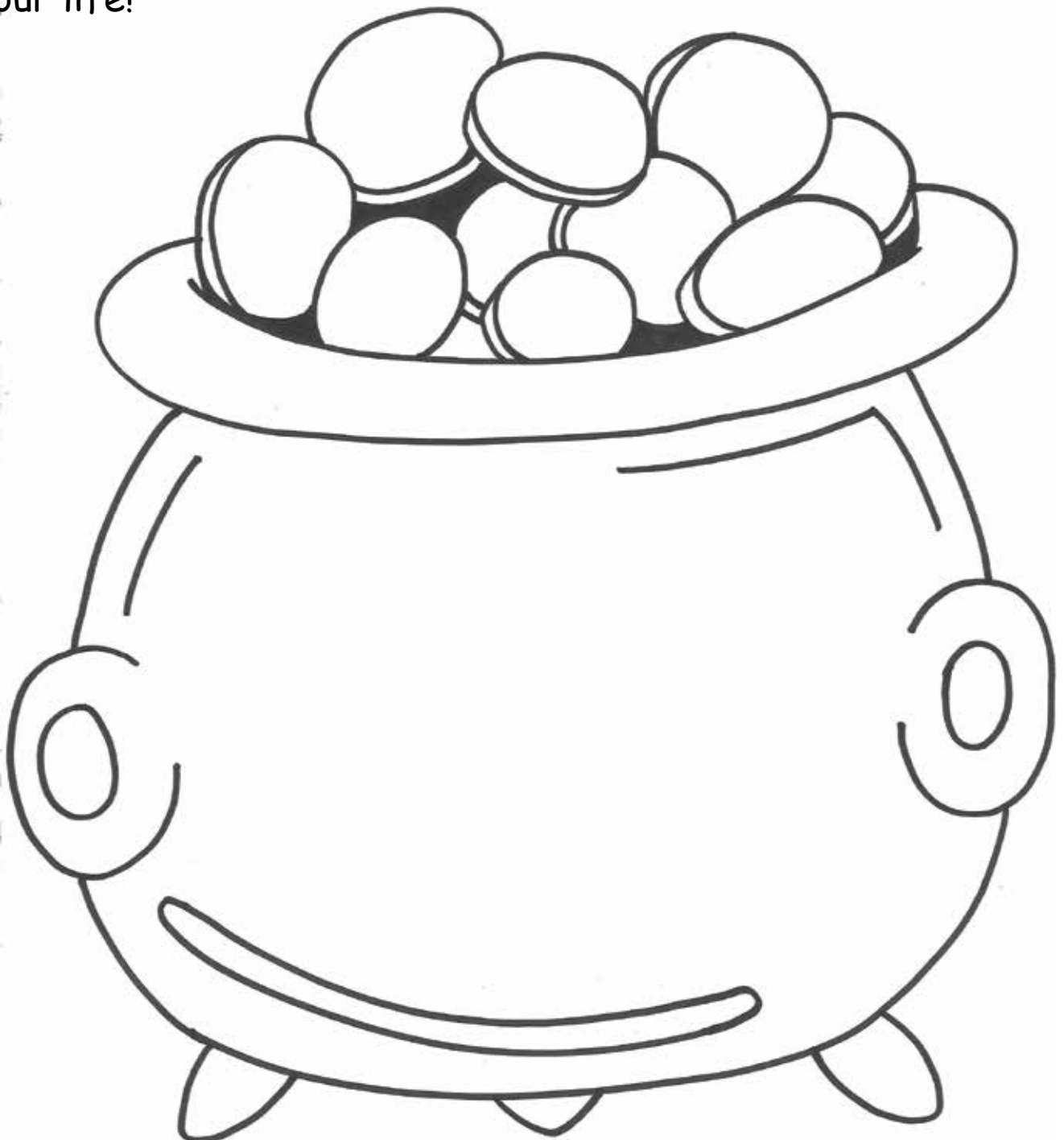
Write some good things that happened today across each arch of the rainbow. Use rainbow colours!

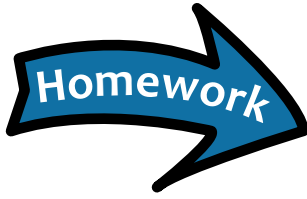




## **My Pot of Gold!**

Maybe there is a pot of gold at the end of the rainbow...but sometimes we forget how much treasure and riches we already have in our lives - our families and friends, our homes, our toys or pets..... Now fill up the treasure pot with pictures of all the real treasures in your life!





## Lesson 7 Homework:

My Rainbow Moments - Write three Rainbow Moments for each day this week. Try to notice different things each day. Think about how noticing your Rainbow Moments makes you feel.



## My Rainbow Moments

<i>Monday</i>
1.
2.
3.
<i>Tuesday</i>
1.
2.
3.
<i>Wednesday</i>
1.
2.
3.
<i>Thursday</i>
1.
2.
3.

Parental Signature/Comment: